



Performance MasterClass

Programme outline

The outstanding one day performance programme for recently identified talent who need to understand that talent is only fully realised when performance is world class. The programme is research based and has resulted in outstanding feedback from participants.

Typical participants

- New intake
- Young or recently identified talent who have to maintain high performance levels
- Individuals who need to internalise the personal element of a high performance culture

Programme Characteristics

- Easy to understand and highly effective
- Highly interactive and inter-personal
- Uses the world of elite performers in sport as a communication conduit

What will participants do?

Each individual client will learn and internalise:

- What makes the elite are different
- The three core principles of world-class performance
- World class performance
- World class motivation
- Ideal performance states and stress
- The importance of values and behaviours to elite performance
- The importance of fitness, wellness and health to performance
- The importance of commitment

They'll also develop

- a personal performance plan





What will participants get?

- access to three decades of research into human performance
- a tried, tested and proven system and process for understanding for achieving more intense, sustainable and consistent levels of human performance
- an understanding of three key performance tools

What will the organisation get?

- key players who understand world class performance
- individuals whom commit to making vital changes to make the most of talent
- competitive advantage
- retention of key talent

and key people who are:

- more highly motivated
- more self-aware
- able to achieve more and increase quality without increased resources



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